

## **Grief and the Holidays (*Interview Transcripts*)**

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“The holidays can be especially hard to negotiate the first year around and I think family members should approach the person and ask, ‘what would you like us to do, and how do you feel we can support you?’” (:13)

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“Maybe having something like a small Christmas tree might help them, or something you can offer to acknowledge the season but not necessarily surround them at that time with the joyful celebrations that we usually have.” (:13)

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“Sometimes people who have lost somebody just want to be remembered. Give them a call to let them know you are thinking about them. There is really no magical thing to say except that you care about them and love them – that you are thinking about them on this day and hope everything is OK and ask if there is anything you can do.” (:17)

**Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare**

“A lot of times, people find joy in giving – so doing things like volunteering at Christmas time, delivering meals, going caroling. Do something that really brings up the spirit of someone else.” (:16)